17 Dec 1977

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Arlington, VA
22202

Dear People,

Recently, I bought a copy of Robert Monroe's Journeys Out of the Body. For the past few years I've been looking for a book that covered out-of-body experiences in a straight forward manner. The field of parapsycology has to many people trying to become messiahs or make a buck. In the forward of Mr. Monroe's book he asked for accounts of personal experiences with OOBE's. So here are mine.

I can remember it as vividly as if it happened an hour ago. I was about five years old (I'm now twenty-two). I was chasing a friend in his back yard. Suddenly, I was flying. My physical body still chased my friend around, while I followed it overhead a couple of feet. We ran closed to some old tree stumps in the yard, and I hoped I wouldn't land on one because I didn't want to get hurt. My physical body tripped and fell. I was back together, just missed one of the stumps. Naturally, I ran home and told my parents, with great excitement, that I flew. I was told that people can't fly. However, the experience was too lucid to shove aside. It wasn't until I became interested in psychic phenomena that I could find a explanation for what happened.

Through the years, I've had another kind of experience that might be classified as OOBE. It has happened several times in different situations and conditions. For one quick moment, like

a heartbeat, I'm standing beside myself, then I'm together again. It's in and out, and always on the left. Occasionally, it has happened in a face forward direction.

This past week, I've been trying to learn Mr. Monroe's method. I've meditated before and am used to electric sensations tingling through my body. Yet, I never imagined to feel a surge so tremendous, as it poured into my head and shook my body. In fact I got frightened and opened my eyes and sat up. In later attempts I overcame my fear and had some success with the hand stretch exercise. In one try, as the "vibrations"were fading, I experienced the "in and out" occurance that I explained earlier.

Could I please get an expanation of the "jaw tuning" and "1-20/LQ" methods mentioned in Journeys Out of the Body? A friend and I have a disagreement on how the "L" method is used for relaxation. Could this be diagramed? And what are the kind of things done at the Monroe Institute of Applied Sciences?

Thank you
Yours sincerely,

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